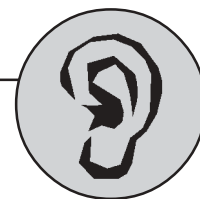


# EMPLOYEE ASSISTANCE PROGRAM - 2008

Administered by Reliant Behavioral Health (RBH) • 1-866-750-0512 • [www.ReliantBH.com](http://www.ReliantBH.com)



## Covered Services

Short-term Services  
Counseling  
Legal Consultations  
Financial Consultations

Long-term Services (Traditional Plan)  
Counseling  
Psychiatric Services  
Chemical Dependency Services

## Costs

• Free  
• Free  
• Free

• 25% with RBH referral  
• 25% with RBH referral  
• 25% with RBH referral

## Annual Maximums

• 4 visits per issue  
• 1/2 hour consultation  
• unlimited

• 40 outpatient visits  
• 40 outpatient visits  
• 40 outpatient visits

\*Inpatient and Non-referred Services are covered in the Mental Health & Chemical Dependency sections of the Schedule of Benefits.

## GENERAL INFORMATION

### WHO IS ELIGIBLE?

The Employee Assistance Plan is an add-on benefit for all state employees, legislators, retirees, and COBRA members enrolled in a medical insurance plan. There is no separate premium for this plan, and it includes all dependents living in or outside of your household.

### THE BENEFITS

The EAP benefits provide a variety of services including confidential counseling, legal and financial services, access to the Personal Advantage website, and 24-hour, toll-free access to crisis counselors.

### CONFIDENTIAL COUNSELING

The EAP offers local, short-term counseling for a variety of issues including family, relationship, work stress, anxiety, grief, and other problems that may challenge you on a daily basis. You and your family members are eligible for up to 4 free counseling sessions for each issue you encounter.

If a plan member involved in short-term counseling needs a higher level of care or long-term counseling, RBH will initiate a referral for the appropriate care. See your medical plan for coverage of longer-term services such as psychiatric care, chemical dependency, and longer-term counseling.

Traditional plan members will receive a better benefit for outpatient visits when they first obtain an RBH referral.

Managed care members do not need a referral to use RBH for short-term counseling needs. Please contact your plan administrator to determine referral requirements prior to receiving long-term benefits.

By utilizing the services provided by RBH at no direct cost to you, the plan also experiences cost savings, which are ultimately passed on to all of the plan participants.

#### HELP IS HERE!

To schedule an appointment for:

- confidential counseling
- health coaching
- legal or financial services
- maternity services
- 24-hour crisis assistance.

#### CALL

**1-866-750-0512**

### LEGAL & FINANCIAL SERVICES

You have convenient access to legal and financial professionals by simply contacting the EAP.

Legal services include a free, half-hour consultation, by phone or in person, followed with a 25% discount in legal fees. *Legal services are not provided for any employer related issues.*

Financial services provide unlimited phone access to financial professionals for assistance and appropriate referrals for a variety of issues such as debt counseling, budgeting, college planning, retirement planning, etc. Members who retain financial professionals receive a 25% discount for services.

### PERSONAL ADVANTAGE WEBSITE

The EAP includes a wellness focused website, Personal Advantage, where you can

access self-care tools and up-to-date information on work stress, parenting, relationships, personal growth, health, and child & eldercare resources, along with more than 60 on-line trainings.

To login to Personal Advantage

1. Go to [www.ReliantBH.com](http://www.ReliantBH.com)
2. Click on the Register button
3. Follow the Registration instructions

### 24-HOUR CRISIS HELP

Crisis counselors are available 24 hours a day, 365 days a year to assist you or a family member experiencing a crisis situation. To access, call 1-866-750-0512.

### MATERNITY SERVICES

Health plan members have access to free maternity services including risk assessments, educational information, referrals, and other resources to help achieve a healthier pregnancy.

Complete a brief assessment with a nurse to determine your pregnancy needs, and you'll receive a useful gift for your participation.

If you or your spouse is pregnant, you can access maternity services including free prenatal vitamins, by simply calling the EAP number 1-866-750-0512.

### HEALTH COACHING

Have you been thinking about losing weight or trying to exercise more? Maybe now is the time to quit smoking for good. Why not get a little support from a health coach?

All State plan members and their adult dependents have access to **free, confidential health coaching**. This benefit, designed in conjunction with the Wellness Program, offers individuals the opportunity to communicate with friendly, experienced health coaches at their own pace, by phone or email depending on the participant's preference. To get started, just call **1-866-750-0512**.

